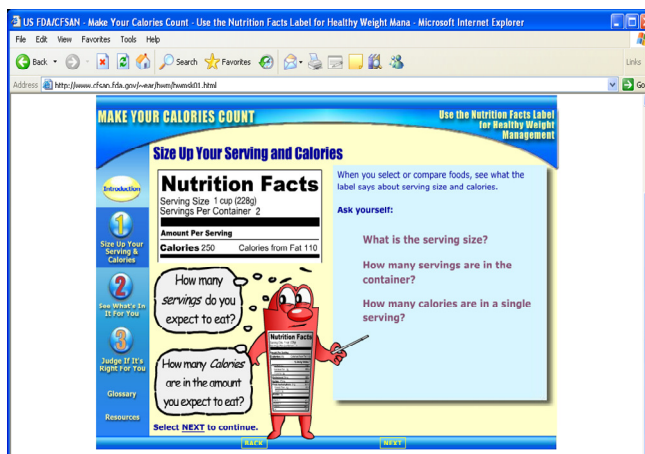


Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management

Make Your Calories Count is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. The exercises will help consumers use the food label to make decisions about which food choice is right for them.

For simplicity, the program presents two nutrients that should be limited (saturated fat and sodium) and two nutrients that should be consumed in adequate amounts (fiber and calcium). The program is an interactive Training Module for download or as PDF for



Interactive program on using the Nutrition Facts Label. Uses Adobe Flash Player. Can be downloaded to a computer or network and accessed through a web browser.

printing. Produced by the Center for Food Safety and Applied Nutrition, this program is available at <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Special points of interest:

- Nutrition education tools on label reading and MyPyramid
- Apply for school recognition
- Programs for kids: Fit from the Start and Power Panther™ comics
- School success story
- SD Mini-grants awarded

MyPyramid e-Catalog of Nutrition Tools

The Society for Nutrition Education MyPyramid e-Catalog is designed to help nutrition educators find and use nutrition education tools/curriculums that incorporate substantive content from MyPyramid and the 2005 Dietary Guidelines for Americans. The website is supported by a grant from Grain Foods Foundation at <http://sne.org/mypyramid/>

[ReviewsList.php](#)

It is a searchable listing of peer-reviewed resources. Each entry includes a description of the material, a review by nutritional professionals, and a link to the actual material.

Listings are for information services only and are not intended as endorsements.

Inside this issue:

Governor's Healthy School Award	2
HealthierUS School Challenge	2
Fit from the Start campaign	3
Grant funding	3
Power Panther Bright Ideas	3
Mini-grant at YFS	4
2007 Mini-grant awards	4

Annual Governor's Healthy School Award Application



Governor Mike Rounds challenges South Dakota schools to compete for a Governor's Healthy School Award in the 4th annual competition. Winners will be selected in four categories: elementary school, middle school/junior high, high school, and school district. The top candidate in each category will receive \$5,000 and a healthy school banner.

Requests for application must be made by public school superintendents, principals, or assistants. Applications may be submitted for more than one school. School will be judged on eight key components, including: health education, physical education, health services,

nutrition services, counseling/psychological and social services, healthy school environment, health promotion for staff, and parent/community involvement.

Download the 2007 application at <http://doe.sd.gov/oess/schoolhealth/online/docs/healthyschoolapplication.asp>



More information is available at Coordinated School Health (605) 773-3261.

HealthierUS School Challenge Recognizes Commitment to Health

South Dakota schools with the help of their wellness committees are encouraged to apply for the HealthierUS School Challenge certification. An application and resources are available at <http://teamnutrition.usda.gov/HealthierUS/index.html> and assistance is offered through the SD Child & Adult Nutrition Services Office, (605) 773-4718. Summer of 2007 may be a time that teams could set aside to work on the HealthierUS School Challenge.

Step 6 of the application which is very brief states "**A student Average Daily Participa-**

The "average daily participation" in school lunch in US schools is 67%, while schools in South Dakota average 70%. That number rises to 75% when the "average daily attendance" is used for calculations.

tion (ADP) of 70% of school enrollment or higher is maintained for reimbursable lunches." This is reported each year to the state agency.

Most schools and child care institutions in South Dakota serve reimbursable meals under

the National School Lunch Program (NSLP). They must serve lunches that meet Federal requirements and in turn get cash subsidies and donated commodities from USDA for each meal they serve. Schools are reimbursed at the rate of \$2.40 for each free lunch they serve and \$.23 for each paid lunch. In

addition they receive some commodity foods at approximately \$.17 per meal served.

NSLP requirements to be met over a week include: 1) meals served must have no more than 30 percent of an individual's calories from fat, and less than 10 percent from saturated fat; 2) school lunches must provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.

A recent report from the Food, Nutrition, and Consumer Services Department states that the ability of the school meal programs to contribute to children's health, well-being and academic achievement depends on students participating in the consumption of the balanced meals provided.



Fit From the Start Campaign

A new educational and awareness campaign for South Dakota, "Fit From the Start", was launched in February to educate parents and caregivers of young children as to the importance of both healthy eating habits and the need for regular physical activity. The campaign will focus on children 2-5 years of age. "Fit From the Start" includes TV and radio messages as well as educational materials for parents and caregivers, all emphasizing healthy eating habits and regular physical activity. See HealthySD.gov

"Young kids rely on parents and caregivers to decide which foods to eat and how much physical activity they need," said First Lady Jean Rounds. "Fit From the Start provides

parents and caregivers with the tools and information they need to offer their kids healthy foods and opportunities for physical activity. Helping young kids adopt these kinds of healthy behaviors will have lasting benefits."

13.9% of SD 2-5 year olds are overweight

According to the Department of Health's latest pediatric nutrition surveillance survey, 13.9% of South Dakota 2-5 year olds are overweight. Overweight children are at risk for serious health conditions such as diabetes, high blood pressure, and heart disease and a large percentage are likely to remain overweight as adults. The emotional and social consequences for overweight children in a society that stigmatizes this condition can be traumatizing.



Funding for Health Initiatives

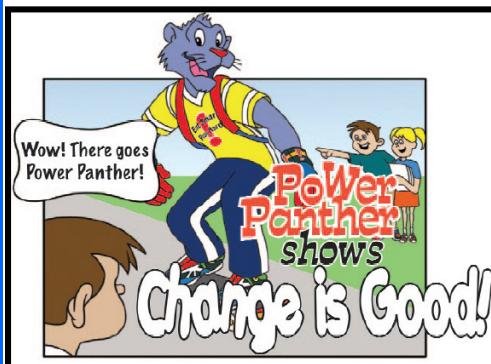
Look for other funding opportunities at the USDA grant resource webpage: http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=270&topic_id=1391

Wellmark Mini-grant Application Due April 17

The Wellmark Foundation offers small grants up to \$10,000 for projects that support funding priority areas including depression, diabetes, end-of-life care, or health literacy. Project duration may be up to one year. Information is at <http://www.wellmark.com/foundation/news/minigrantrfp.htm>

Take Action: Healthy People, Places and Practices in Communities Project

The Department of Health and Human Services is accepting proposals from community-based organizations to evaluate the impact of a unique set of healthy lifestyles activities in local settings that support the President's [HealthierUS initiative](http://www.healthierus.gov) in one of four areas: 1) be physically active, 2) eat a nutritious diet, 3) get preventive screenings, and 4) make healthy choices/avoid risky behaviors. The one-year project period will run from July 1, 2007 through June 30, 2008. Funding for these activities will be between \$2,000 and \$5,000. The deadline for receipt of proposals is March 30, 2007. Forms are available at <http://www.osophs.dhhs.gov/ophs/HealthyPeople>



Bright Ideas for the Power Panther™

New Power Panther™ activity guides are available at [Eat Smart. Play Hard™](http://EatSmart.PlayHard.com). These publications called *Bright Ideas* show games, comics, and lessons for children and parents. Two new comics for younger kids, *Power Panther's Transformation* and *Change Is Good* each with a discussion guide, are designed to help kids learn about healthy eating and physical activity and enjoy story time too!



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Mini-grant Success Story at Rapid City Youth & Family Services

Kids in Motion is a project funded with a \$1000 TEAM Nutrition mini-grant at Youth & Family Services in Rapid City. The nutrition-focused project is implemented in the preschool and after school programs for school-age children and Girls Incorporated

The following activities were part of the project: *Heart and*



Hands Fair— hands-on sensory activities

for children including parachute play, shaving cream drawing, building a sandwich, and tasting different colored apples.

March Nutrition Month— resource cart with books on nutrition, cooking supplies and aprons, parents received newsletters, and children made Stone Soup (vegetable soup) and sampled fruit.

As they made vegetable soup children sang this song to Row Your Boat.

*Stir, stir, stir your soup
Stir it all day long
Add some (vegetable name)
Take a taste
Soup will make you Strong!*
(Contributed by Shelby)

The Nutrition Director and Dietician were impressed with the children's willingness to try a wide variety of fruit samples. Children reported that a pineapple is a spiky plant and does not taste anything like an apple.

The third session on the dairy food group involved the children in making cow puppets out of lunch bags and tasting yogurt, cheese curds, and cottage cheese. To close the celebration children attended a "build your own yogurt parfait" event. They could choose from cereal, yogurt, blueberries, and strawberries.



Read success stories from SD schools and child care agencies

<http://www.doe.sd.gov/oess/cans/nutrition/stories.asp>

2007 Team Nutrition Mini-grant Awards

Congratulations to the following schools, child care and after school programs which were awarded mini-grant funds of up to \$1000 for Nutrition and Physical Activity projects. Funding for the mini-grants is being provided by Team Nutrition and Coordinated School Health. Bethesda Sharing Center,

Aberdeen; Black Hills Special Services, Sturgis; Black Hills Workshop, Rapid City; Boys and Girls Club, Watertown; Children's Care School, Sioux Falls; Colman-Egan School; Custer Elementary School; Eureka Public School; Grant Deuel School; Iroquois School District; Jones County School District, Murdo; Lil Pioneers Preschool Daycare,

Rapid City; Lower Brule Sioux High School; Lutheran Social Services, Sioux Falls; Rapid City Area Schools; Redfield Elementary School; St. Joseph School; St. Thomas School; Tiospa Topa School; Volunteers of America, Sioux Falls; Washington Elementary, Pierre.

Congratulations